

Smoking Intervention Model

ASK About Smoking At Every Visit

Document in chart

ADVISE All Smokers to Quit

Advice should be clear, strong, and personalized

ASSIST Smokers in Quitting

- ✓ Assess motivation to make a quit attempt

Ready to Quit Now

- ✓ Identify reasons for wanting to quit
- ✓ Develop a quit plan
 - Set quit date within 2 weeks
 - Review previous quit attempts
 - Identify smoking triggers and challenges
 - Brainstorm strategies
 - Inform family, friends, and co-workers
- ✓ Provide self-help materials and referrals
- ✓ Encourage nicotine replacement therapy: patch, gum, nasal spray, inhaler or Non-NRT (bupropion-SR), unless contraindicated
- ✓ Give advice on successful quitting
 - Total abstinence
 - Avoid alcohol
 - Plan for dealing with smokers in the house

Not Ready to Quit Now

- ✓ Use the **4Rs** to enhance motivation
 - **Relevance:** Provide patient-specific information
 - **Risks:** Ask patient to identify negative consequences
 - **Rewards:** Ask patient to identify benefits
 - **Repetition:** Repeat every visit

ARRANGE Follow-up

If Quit (Relapse Prevention)

- ✓ Congratulate, encourage maintenance
- ✓ Review benefits of cessation
- ✓ Review successes during quit period
- ✓ Review problems encountered, offer possible solutions
- ✓ Anticipate problems or threats to maintenance, such as weight gain, depression, or prolonged withdrawal

Timing

Contact soon after the quit date, preferably within the first week; further follow-up as needed.

If Quit Attempt Unsuccessful

- ✓ Ask for recommitment to total abstinence
- ✓ Remind patient to use lapse as a learning experience
- ✓ Review circumstance that caused lapse
- ✓ Develop new plan with patient

Timing

Contact soon after new quit date, preferably during the first week; further contacts as needed based on new quit plan.

For information on smoking cessation programs, or to obtain a copy of a wallet card containing this information, call The Center for Tobacco Prevention and Control at 508-856-4099.

For additional smoking cessation resources:

www.trytostop.org

English: 800-TRY-TO-STOP (800-879-8678)

Spanish and Portuguese: 800-8-DEJALO (800-833-5256)

TTY: 800-TDD-1477 (800-833-1477)

Source: The Center for Tobacco Prevention and Control, Preventive and Behavioral Medicine, University of Massachusetts Medical School, in Partnership with the Massachusetts Tobacco Control Program.